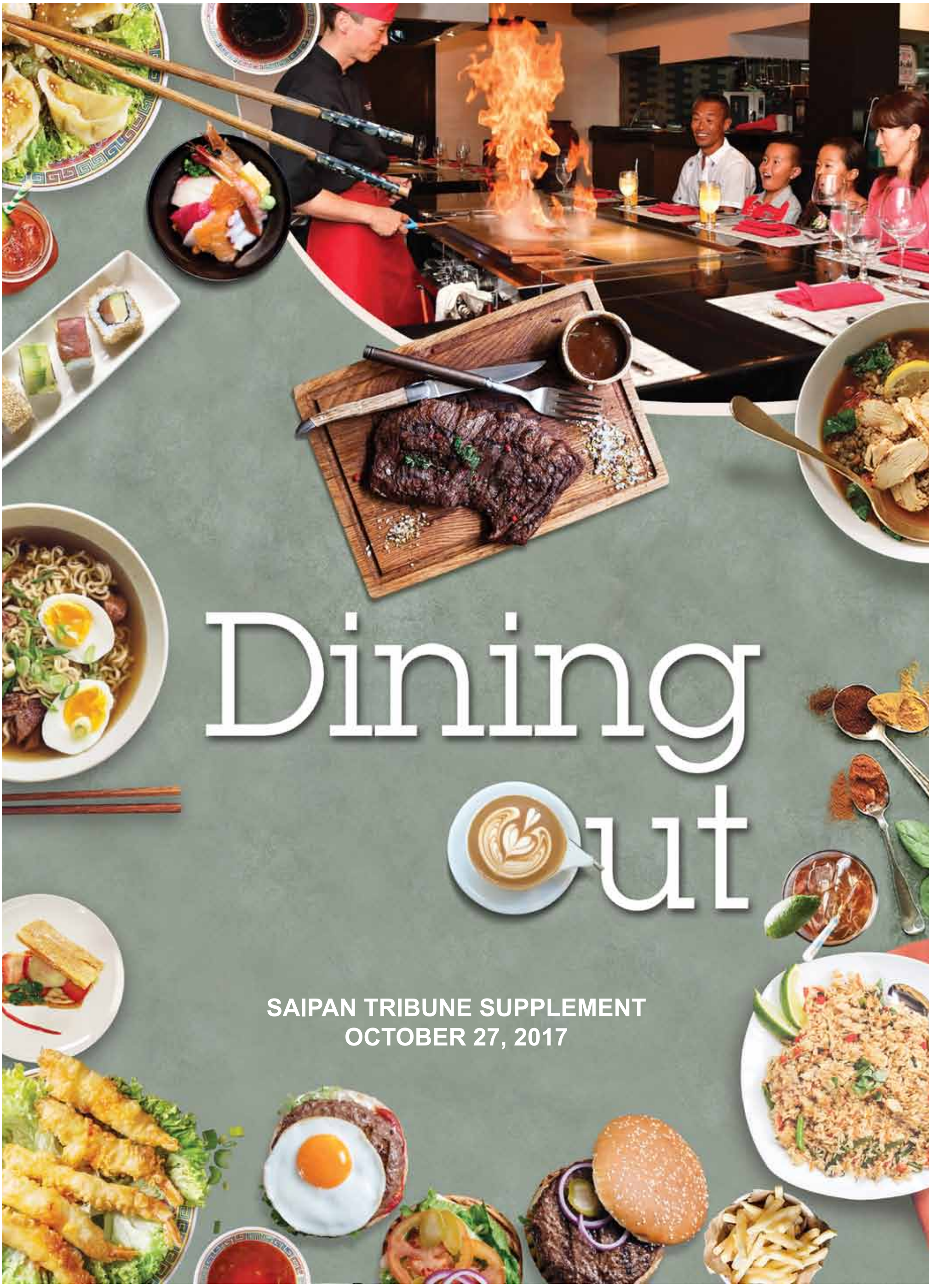

Dining Out

SAIPAN TRIBUNE SUPPLEMENT
OCTOBER 27, 2017

Healthy fare for the health conscious

It is sometimes a challenge to stick to eating healthy. Fortunately, there are places on island that offer that option.

Everest Kitchen, Saipan's authentic Nepalese and Mediterranean restaurant, serves healthy and traditional lentil soup, falafel, curries, hummus, and vegetable dishes.

"Everest Kitchen is my go-to place during lunch," said Steve McKagan of Tapochao. "They have lots of vegetarian options and the health benefits of Indian spice make Everest one of my favorite lunch options and it is delicious."

Everest Kitchen is open from 11am to 2pm and is located on Micro Beach Road in Garapan. Contact the restaurant at 285-0218.

The Shack Saipan has crepes with the right portions of fish with vegetables (Alaska crepe) and chicken with vegetables (chicken *kelaguen*) as fillings.

Paula D., who is visiting from Washington, said, "The Alaska crepe is my favorite so far, with its delicious topping and real salmon and spinach inside. The atmosphere is island friendly and everyone who works here does so in joy that seems to spread and blend with the delicious and healthy food."

Roz G., from Vancouver, Canada, said, "I instantly fell in love with the menu at The Shack. I love that they cater to many different food restrictions. Everything my family ordered was delicious. My favorite would be the local crepe. It is a crepe filled with chicken *kelaguen* (a chicken salad mixed with lemon, coconut flakes, and love)."

The Shack Saipan open from 8am to 2pm and is located at Oleai Beach. Contact it at 235-7422.

Truong's Saipan is a Vietnamese restaurant that serves dishes with the freshest ingredients. One of their popular dishes is the fried *lumpia*, protein-packed rolls with pork and paired with lettuce, noodles, bean sprouts, and mint.

Maria Valenzuela of San Vicente said, "When I want something light and healthy to eat, I go to Truong's and order their fried *lumpia*. I like the process where you wrap the *lumpia* filled with pork mixture in lettuce and mix it with other vegetables. It's light, healthy, and reasonably priced."

Truong's Saipan is open from 11am to 10pm and is located on Beach Road. Contact it at 670-235-8050. ***(Bea Cabrera)***

Zen 禅
TEPPANYAKI RESTAURANT
An Authentic Experience
Open Nightly: from 6:00pm to 11:00pm Corner of Coconut St. & Coffee Tree Mall, Garapan
For reservations, call 322-0770 or 233-0417

What's your hands-down favorite local food?

Food adds flavor to relationships

"My favorite local food is called *motsiyas*. It's a mixture of ground chicken, hot pepper leaves, mint, lemon juice, salt, and pepper. It's a dish from Rota and my husband makes it. It is so delicious because it brings out different flavors. It is zesty and every bite gives a kick because of the mint leaves. I like it baked or grilled."

—Michelle Atalig
Kagman

Home is where your all-time favorite food is

"My favorite local food is chicken *kelaguen* and it helps that I can make it. It is really tasty and delicious. I've traveled around the world and nothing is quite like it. Whenever I go to the U.S. mainland, family and friends requests for it. They have learned to love it too."

—Roberta Guerrero
executive director
Micronesia Islands Nature Alliance

Sometimes a simple meal is the best one

"My favorite local food is fried local reef fish with any root crop like *kamote* (sweet potato), taro, or yam. It is downright delicious, readily available, sustainable and healthy. It is a simple dish but the health benefit is enormous. Eating organic definitely helps in looking young and having a good outlook in life."

—John Oliver Gonzalez
chief of staff
Office of the Lt. Governor

Food brings back childhood memories

"My favorite local food is coconut *titiyas*. This dish may be a substitute for bread or rice and may be eaten as a meal with chicken or fish. I usually get it at the Seaside Grill iatn Pacific Islands Club Saipan during happy hour in their fish *kelaguen* platter. It is sweet like (Filipino) rice cake and I just like it very much."

—Christine Toledo
Susupe

For the sweet tooth in all of us

"My favorite local food is *lantiyas*. It's a custard-like dessert usually eaten as it is or used as a topping on cakes and Chamorro sponge cakes. It is definitely delicious and not too sweet. I like going to family gatherings and look forward to the *lantiyas* because different families have their own *lantiyas* recipes. The flavors change because new ingredient are added to their special recipe but it is delicious every time."

—Ashley Sikayun
Marianas Visitor's Authority

Although there are many delicious foods easily available on island, it is always good to go back to our roots and enjoy what the islands are ready to offer any time. ***(Bea Cabrera)***

all day
BREAKFAST
The right way to rise is with McDonald's
BREAKFAST MENU
Every morning our kitchens hum as eggs are on the grill, bacon is sizzled and biscuits are served piping hot. A great, quick breakfast makes for a great day and we wouldn't have it any other way.
Some All-Day Breakfast products are not available in Garapan Store.
STORE HOURS:
Garapan Express: OPEN 24 HRS [24/7] • Chalan Pale Arnold Road: 6:30am to 10:00pm
Chalan Pale Arnold Road 235-8577 • Garapan Express 233-8577
Office Tel. 235-8761 • Fax. 235-8760 • E-mail: admin@jcamcd.com
Get a tasty meal at a great price with each
EXTRA VALUE MEAL®
The one and only.
Big Mac®

Hyatt Regency Saipan stays ahead

Hyatt Regency Saipan is all about customer satisfaction experience and the food and beverage department of this international brand is always several steps ahead of the competition.

According executive chef Gabriele Colombo, the continuous development of Hyatt's food and beverage is high on its priority list.

"[That] is the lifeblood of our company. We always work to be ahead of the competition. …We are always changing and moving to stay at the top by changing concepts and menus while maintaining quality," he said.

BEA CABRERA

Hyatt Regency Saipan executive chef Gabriele Colombo.

Hyatt Regency Saipan sous chef Reiji Yoshizawa. BEA CABRERA

The development and changes that Saipan is currently experiencing is something that excites Hyatt. "We are excited [for] the next five years and Hyatt will be going along with it as we aim to stay on top," he added.

An important global trend is having sustainable operations—one that Hyatt Regency Saipan is aware of. He said Hyatt aims to achieve that in three years' time. "That is the objective of Hyatt globally."

"We are slowly doing this by getting our supplies and ingredients directly from the source," Colombo said. "It's a big challenge for all the chefs. We have a lot of discussions with the farmers and seafood suppliers. We are 45 percent into the goal and we will continue to work to achieve 100 percent sustainably in three years."

"The guests are getting involved, too, because they notice our efforts when they eat our food. They ask, 'Where did you get this fresh fish?' So we have to also state in the menu our source and we only get sources or vendors that grow their products sustainably and organically," he said.

Colombo is also aware of diners looking for healthier food options.

See HYATT on Page 22

Must Try!

Fall is the season of harvest. Fruits and produce will be in abundance and we can expect our favorite food places to surprise us with new and old flavors that will make our tummies happy. Julia Child said, "People who love to eat are always the best people." We couldn't agree more. Here is a rundown of fabulous eats around Saipan.

Want meat that melts in your mouth? Enjoy the different kinds of famous Japan wagyu beef with Omega 3 and Omega 6 fatty acids with increased marbling—for that perfect juicy steak from Zen Teppanyaki. For a perfect dinner plan with your family and friends, call 322-0770 or book your reservation online.

Open your world to premium recipes and authentic ingredients from McDonald's with their signature-crafted recipes where one may fully customize a sandwich based on a set of choices: with one of two special sauces, a choice of fried or grilled chicken or a quarter pound beef patty, either artisan or sesame-seed buns, and the choice to make the order a meal complete with medium fries and a medium drink.

Watch out for a new line of customizable recipes coming soon.

Craving for tacos? Come and try the best on this island at Oleai Beach Bar and Grill! Chicken or beef crunchy taco is only $5.50 for three pieces, mahi taco is only $7 for three pieces and chicken or beef, soft taco is $7 for three pieces. Oleai Beach Bar and Grill is open 365 days a year: Monday to Saturday, from 11am to 11pm, and on Sunday, from 11am to 10pm.

Enjoy a warm and cozy Japanese Dining experience at Furusato Restaurant. Open from 11:30am – 2pm during lunch and 6pm – 11pm at dinner time from Mondays to Sundays. For reservations, please call 233-3333.

Tony's wrap - A classic Caesar salad with a twist…

Crispy romaine lettuce rubbed generously with wonderful and rich Caesar dressing wrapped inside a crispy parmesan cheese. Surrounded by croutons, capers, bacon and more parmesan cheese.

Enjoy American, European, and Asian five-star meals at reasonable prizes at Tony's Seafood Garapan. For reservations, call 2339966 or email tonyseafoodsaipan@gmail.com.

At Kinpachi Restaurant, you will enjoy Japanese favorites such as Ramen, Sushi, Sashimi, Tempura and Teppanyaki along with Seafood specialties and variety of fresh fish dishes. Kinpachi is open from 11am to 11pm daily. For inquiries or reservations, please call 234-6900

Dolphin Restaurant presents the Signature Gourmet Food – authentic Japanese Shabu Shabu for only $38.00. Enjoy this Japanese hotpot dish of assorted vegetables, tofu, and unlimited thinly sliced raw beef cooked in a special broth across the spectacular Ocean View from the 10th floor of GrandVrio Resort.

Teppanyaki

Immerse in a delightful and exciting culinary experience at Teppanyaki as our skillful chefs present to you the freshest seafood and locally sourced ingredients.

Dinner from 6:00 PM - 9:00 PM
*Closed on Mondays

For reservations, please call
+1 670 234 1234 ext 26

HYATT REGENCY SAIPAN
P.O. Box 5087 CHRB
Saipan, MP 96950

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HYATT REGENCY RESORT

Giovanni's

Enjoy authentic dishes from various regions of Italy at Giovanni's including a wide range of amazing ala carte selections and seasonal menus including artisanal pizza, fresh pasta and risotto.

Dinner from 6:00 PM - 9:00 PM
Sunday Brunch from 10:30 AM - 2:00 PM
il Pranzo lunch buffet every Friday
from 11:30 AM - 2:00 PM

For reservations, please call
+1 670 234 1234 ext 26

*Closed on Mondays
HYATT REGENCY SAIPAN
P.O. Box 5087 CHRB
Saipan, MP 96950

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HYATT REGENCY RESORT

HYATT

From Page 20

"We have dishes that are gluten-free and dishes suited for vegetarians," he said.

To comply with Hyatt F&B standards, Hyatt labels dishes like "G" for gluten-free, "V" for vegetarian, and "S" for sustainable and organic.

"We want the public to know that the Hyatt is very focused on healthy food," Colombo said. "Even in our buffet, we provide healthy options, which you will see during lunchtime where we serve different style of vegetarian food and gluten-free salad."

Hyatt also has a healthy balance program, with menus that inform guests of the calorie content of dishes and their ingredients.

One of the unique things about Hyatt Regency Saipan's service is the diversity of chefs that plan and prepare the food, according to sous chef Reiji Yoshizawa.

"Our pool of chefs is diverse and multi-cultural. The advantage is, we come from different backgrounds and that means we have different specialties," said Yoshizawa. "Aside from watching trends worldwide, we always think out-of-the-box and try to create something different so we can present something new for our guests."

Besides Italian and Japanese dishes, Hyatt also features an array of culinary favorites from all over the world.

"We showcase different dishes. For our Sunday brunch, we have live stations where we serve different cuisines like Korean food, Thai food, Indian food, to name a few," said Yoshizawa.

Colombo, who assured that Hyatt focuses on authenticity, said that Italian food at Giovanni's and Japanese food at Teppanyaki and Miyako will definitely stay.

"Authenticity is the what people want and what they look for," he said.

Giovanni's already has the last quarter of the year planned. The ongoing Agnolotti pasta dishes at Giovanni's is ongoing until the last day of October. November is going to feature a classic Italian bone marrow dish called osso bucco and for Christmas eve, Hyatt plans to do a six-course meal to go with the season.

Colombo assured that the Christmas eve menu will be special and it will definitely make the season brighter for families.

According to Colombo, Hyatt's Teppanyaki is focused on quality and always highlights the produce of the season. "For the last quarter, we are promoting seasonal mushroom and truffle. Chef Yoshizawa will recreate a special course menu that will incorporate mushroom and black truffle, foie gras, lobster, and prime beef."

Giovanni's is open everyday except on Monday. Dinner is served nightly, from 6pm to 9pm. Sunday brunch is from 10:30am to 2pm, while the lunch buffet happens every Friday from 11:30am to 2pm. For reservations contact 234-1234 Ext. 26 or 31.

Teppanyaki is open everyday except on Mondays and a la carte dinner is from 6pm to 9pm. For reservations contact 234-1234 Ext. 26 or 31.

(Bea Cabrera)

GRAND VRIO RESORT SAIPAN

* Breakfast: 7:00am-10:00am * Lunch: 11:30am-2:00pm *Sunday Brunch: 11:00am-2:00pm *Dinner: 5:30pm-9:00pm

RESTAURANT TROPICANA

Welcome to enjoy fantastic buffet at our **Tropicana Restaurant** (2nd floor of Taga Tower).
Performance is available on Sunday Brunch. All you can eat and drink! Sushi, Sashimi, Ham, Rib Eye, Champagne, beers...

SUN	MON	TUE	WED	THU	FRI	SAT
Breakfast Buffet $17 **Sunday Brunch** *Reg.: $29 (Local: $25)* ***Seafood & Sushi Night*** *Reg.: $35 (Local: $25)*	Breakfast Buffet $17	Breakfast Buffet $17 ***Seafood & Sushi Night*** *Reg.: $35 (Local: $25)*	Breakfast Buffet $17 **Buffet Lunch** *Reg.: $20 (Local: $17)* ***Seafood & Sushi Night*** *Reg.: $35 (Local: $25)*	Breakfast Buffet $17	Breakfast Buffet $17 **Buffet Lunch** *Reg.: $20 (Local: $17)* ***Seafood & Sushi Night*** *Reg.: $35 (Local: $25)*	Breakfast Buffet $17 ***Seafood & Sushi Night*** *Reg.: $35 (Local: $25)*

RESTAURANT DOLPHIN
(10th floor of Crystal Tower in Grandvrio Resort Saipan)
has reopened as A-La-Carte restaurant. Welcome to enjoy fast & nice Lunch Menu ($8~) and the Signature Gourmet Food - authentic Japanese Shabu Shabu or Sukiyaki ($38). Enjoy the Spectacular Ocean View and Sunset! from 10th Floor! **Dolphin restaurant brings out "Daily Chef's Special Lunch" from Mon. to Fri.; EVERYTHING IS DIFFERENT! $14 only, 15 servings per day; "First In First Out!"**
Opening time:
Everyday Lunch: 11:30am-2:00pm
Last Order: 1:30pm
Dinner 5:30pm-9:00pm
Last Order : 8:30pm

Starlight BBQ
Dinner Buffet Location:
Poolside Price: Reg. AD $39 CH: $19 (Local: AD $35/ CH $17)
Business Hours: 6pm-9pm
Menu: "All you can eat & drink"
Beers, red & white wine, soft drinks, oolong tea and juices.

AIRI COFFEE LOUNGE
Come and taste delicious curry & sandwich set ($7.00 only), cake, café latte, organic smoothies… with unique ocean view.
Business Hours: 10:00am-6:00pm
Pizza Set ($10.00) available now!

POOL SIDE BAR
Business Hours: 1pm-10pm
Last Order: 9:30pm
Happy Hour: 4pm - 7pm
20% Discount available for all drinks including cocktails!

For reservation or inquiry, please call: 670-237-2527 or E-mail: food.beverage@grandvrio-saipan.com

Shirley's COFFEE SHOP
Home of the Best Fried Rice
Shirley's offers the best Chamorro, Filipino and American cuisine and many of the dishes we carry have a distinct Chinese influence.
PARTNERING WITH BTBA Celebrate your health!
Healthy Restaurant Program
to provide healthier meal options to the island.
shirleys@shirleyscoffeeshopsaipan.com I shirleyscoffeeshop.com
Tel. No.: 670.233.4519 (Garapan) I 670.235.5379 (Susupe)
shirleyscoffeeshopfanpage
@shirleys_saipan
shirleyscoffeeshop
CATER TRAY / CATERING SERVICES AVAILABLE

Your dining experience at Isla Café and Isla Terrace of Kanoa Resort will definitely bind you to the tropics.

Julie Litulumar, an F&B administrative assistant at Kanoa Resort Saipan, said that customers and guests are the foundation of their business, which is why they work hard to guarantee customer satisfaction.

"We get phenomenal feedbacks with the service that we do and this pushes us to do more," she said.

The Isla Café at the lobby of the Kanoa Resort Saipan, is open daily and features a wide variety of buffet items for breakfast, lunch, and dinner.

Breakfast features an assortment of traditional choices (eggs, bacon, sausage, pancakes, fresh fruit, oatmeal), complimented by the fresh salad bar, soup, rice, and pastries. Breakfast is served from 7am to 10am.

Isla Café's lunch themes change daily, with Taco Tuesday being one of their most popular lunch days among Saipan locals. Homemade *masa harina* tortillas are topped with seasoned steak, chicken, or pork. Top that with guacamole or homemade *pico de gallo* and you are set for the afternoon. Lunch is served from 11am to 2pm.

For dinner, themes include Steak And Seafood Night or an International Cuisine Night. Kanoa Resort's spicy poke is offered nightly, along with sushi, sashimi, a variety of tempuras as well as ice-cold beer. Dinner is served from 6pm to 10pm.

While the action station items change from day to day, Isla Café features spicy poke, sushi, and sashimi daily, along with a local favorites such as cheesecake and chocolate brownies.

At the Isla Terrace, the Kanoa Burger is hands-down the most popular and best-selling item on the menu. Stacked tall and served with French fries, the Kanoa Burger is good any time of day.

Isla Terrace is open daily from 7pm until midnight and offers a lighter *a la carte* menu with a wide variety of choices.

What makes Isla Café and Isla Terrace different is the spectacular view. In fact, many of the Isla Café patrons spill over to the Isla Terrace to enjoy the *al fresco* vibe and take in the view of the Saipan Lagoon.

"Whether you choose to dine inside or the terrace, you will find the setting at both restaurants impressive and comfortable," Litulumar said.

(Bea Cabrera)

TONY SEAFOOD
STEAK · SEAFOOD
HALLOWEEN PROMOTIONS
COUPON
Come to Tony Seafood. Enjoy your meal, and get one free drinks! (Not including wine or liquor)
Enjoy 20% discount on Ala Carte Menu
Available during Lunch and Dinner
Buy 1 Take 1 on Beers & Wine
Experience the Ultimate Sunday Buffet
Sumptuous selections of International dishes
Sunday Brunch - $25.95 (10% discount for Local Customers)
Sunday Dinner - $60.00 ($10 discount for Local Customers)
Located at Beach Road Garapan, Tourist District
For reservation, call 670-233-9966

Kanoa Resort
Saipan
iSLA CAFE
DAILY THEME BUFFET
BREAKFAST BUFFET
$23.00 per Adult/$12.00 per Child (4 to 11 yrs)
***$17.90 per Adult/ $11.00 per Child (4-11 yrs)
LUNCH BUFFET
$23.00 per Adult/$12.00 per Child (4 to 11 yrs)
***$17.90 per Adult/ $11.00 per Child (4-11 yrs)
DINNER BUFFET
$30.00 per Adult/$14.00 per Child (4 to 11 yrs)
***$22.00 per Adult/ $14.00 per Child (4-11 yrs)
*** Valid CNMI ID must be presented in order to avail the discounted rate***
iSLA CAFE TERRACE
OPEN 7:00 A.M.-12:00 A.M.
Ala carte menu with wide variety of choices including Chicken Kelaguen, Kanoa Burger, and Ramen

Marianas Beer & BBQ Festival commemorative mugs in

Commemorative mugs are in for the Marianas Beer & BBQ Festival on Nov. 4, 2017.

The mugs are included in the event's $25 entry fee. The festival is scheduled from 5pm to 11pm and will be open to adults age 21 and older (21 is the legal drinking age in the Marianas).

"Tourists are always looking for fun activities to do when visiting a destination. Many of us have traveled around the world and have attended huge beer and wine festivals and all have been enjoyable," said Marianas Visitors Authority managing director Christopher A. Concepcion.

He pointed out that Germany is famous for Oktoberfest, Kentucky is famous for their bourbon festivals, Spain and France are known for their many wine and champagne festivals, and Mexico and the Caribbean are renowned for their tequila and rum festivals.

"We want to bring these types of international events to the Marianas with our first ever beer and wine festival with a focus on local brews produced by Saipan Brewing Co. and other craft beers available from other local distributors," said Concepcion.

Taiwan's famous Fourplay Bar will also debut exclusive beer cocktails themed after each main island in the Marianas: Saipan Blue, Tinian Red, and Rota Green.

"The people of the CNMI know that if it's an MVA signature event, it'll be lots of fun, so we invite everyone to join us on Nov. 4," said Concepcion.

The entry fee also includes two beer or wine samples, three wine full servings, one free chaser, and a commemorative silicone wristband.

Slated to participate are Saipan Brewing Co., which manufactures the only locally brewed beer in the Marianas, as well as six companies that distribute craft beers: Pacific Trading Co., MARPAC, Franken Brau, Westco, I Love Saipan, and Samcorp Import.

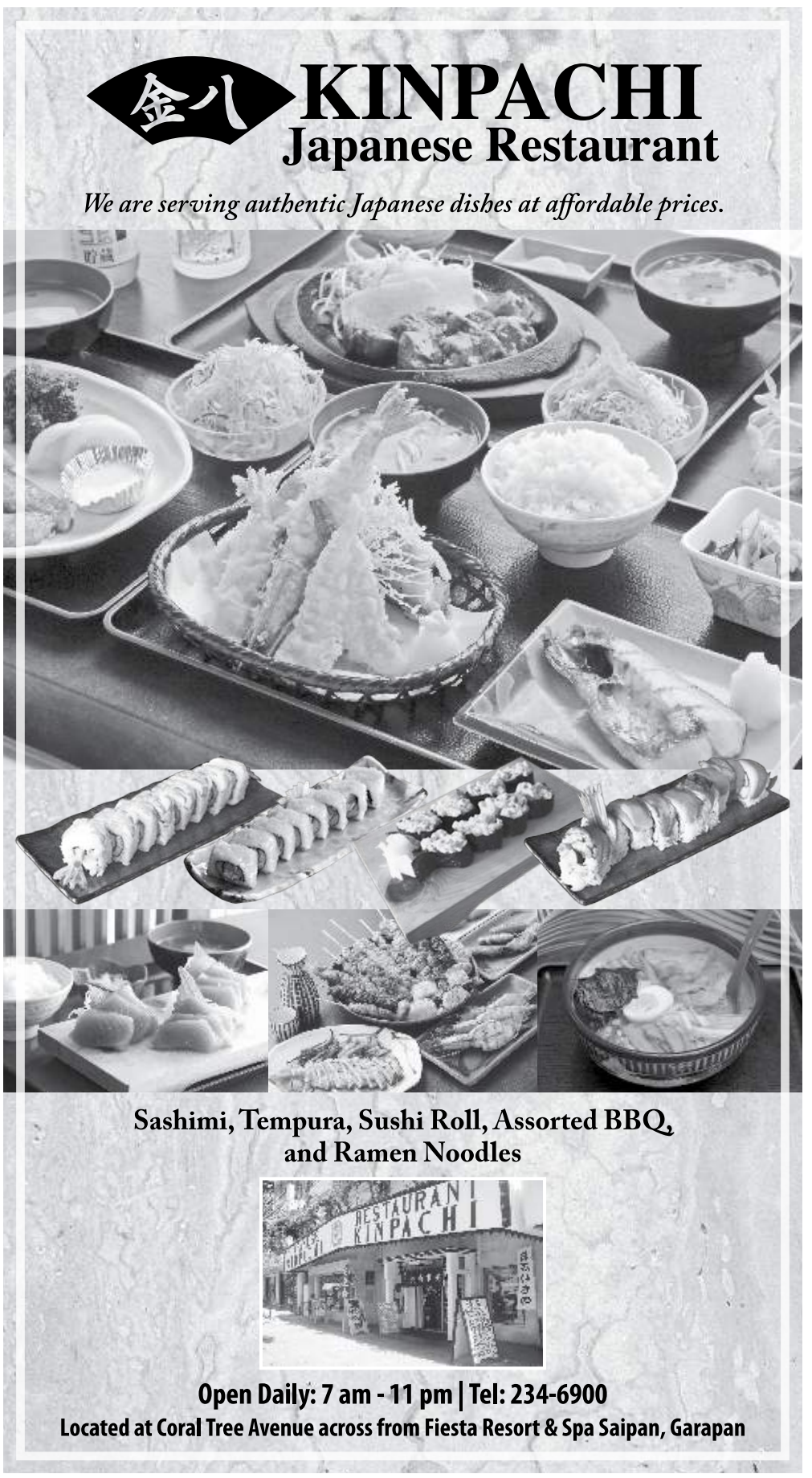
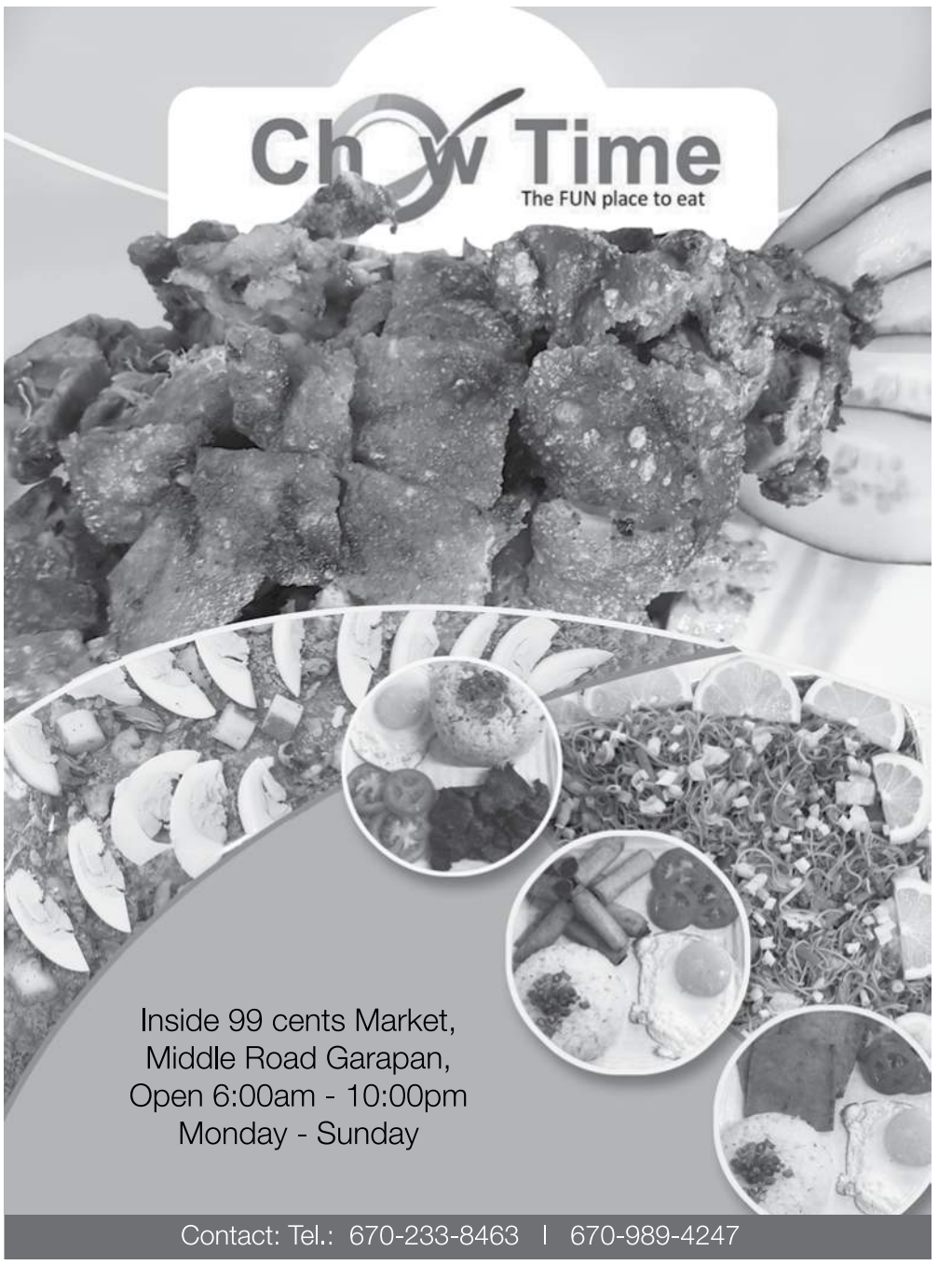
Joeten Enterprises, Pacific Islands Club Saipan, Imperial Pacific International (CNMI) LLC, and Skywalker Communications have all stepped forward as major sponsors of the event. Sponsorship levels are Platinum ($3,000), Gold ($2,000), Silver ($1,000), and Bronze ($500).

Marvin Guerrero, James Selepeo, Uprooted, Tom Basa and Mango Session will add flavor to the festival, which will pair Marianas brews with island-style barbecue and other appetizers beside the Saipan lagoon at Garapan Fishing Base.

Joining the event as food sponsors are Holy Smoke, The Hut, I Love Saipan Mannge' BBQ, and Aiko's. Outside alcohol and food is not allowed.

For more information or a sponsorship package, contact Community Projects specialist Ray Villagomez of the MVA at 664-3200/1 or rvillagomez@mymarianas.com. ***(MVA)***

MVA Community Projects specialist Valencia Tenorio, left, and Lynn Sablan display commemorative mugs that are included in the $25 entry fee for the Marianas Beer & BBQ Festival on Nov. 4, 2017, at Garapan Fishing Base. The festival is the newest signature event of the Marianas Visitors Authority.
MVA


金八
KINPACHI
Japanese Restaurant
We are serving authentic Japanese dishes at affordable prices.
Sashimi, Tempura, Sushi Roll, Assorted BBQ,
and Ramen Noodles
RESTAURANT
KINPACHI
Open Daily: 7 am - 11 pm | Tel: 234-6900
Located at Coral Tree Avenue across from Fiesta Resort & Spa Saipan, Garapan